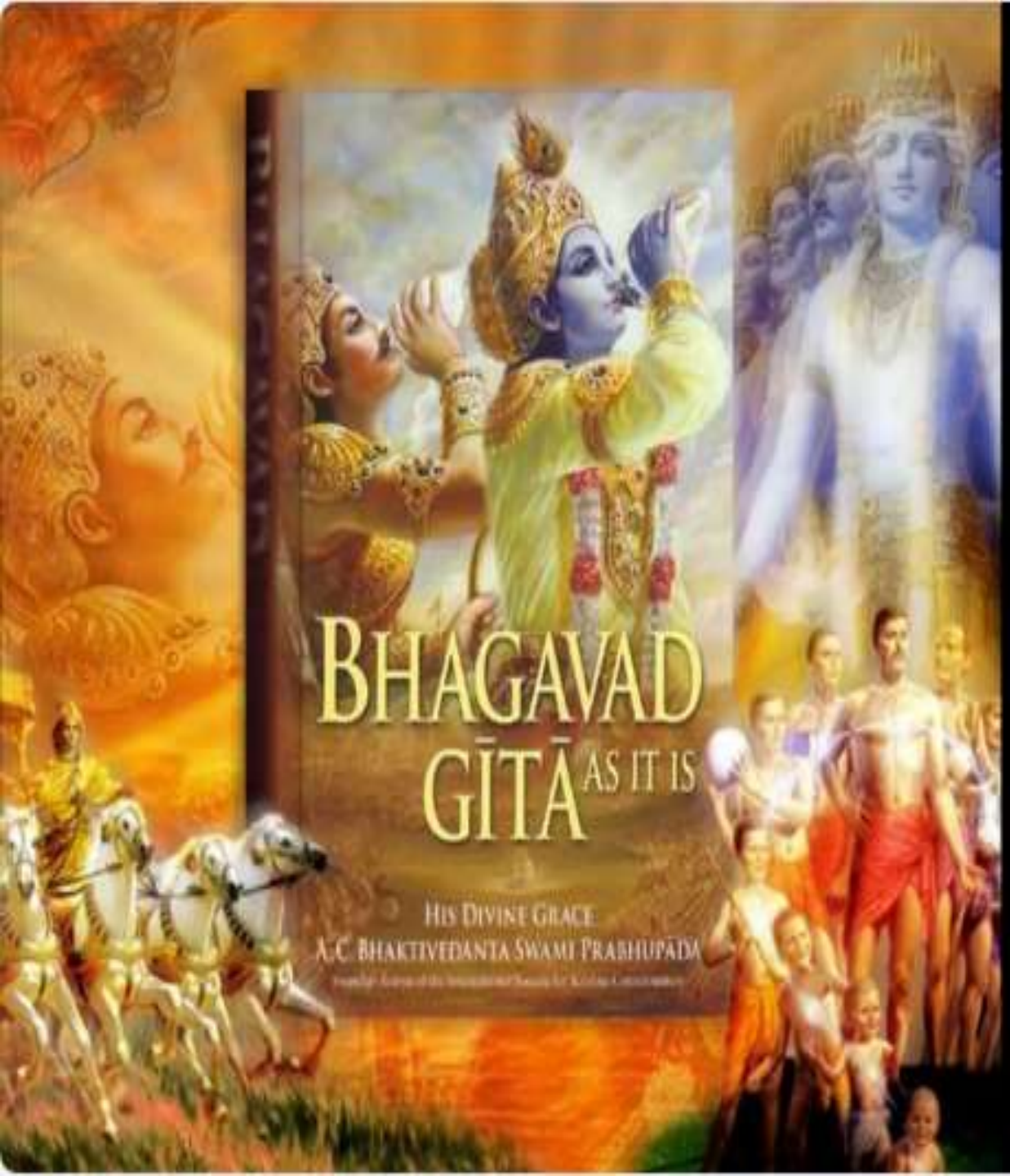

OVERVIEW OF GITA

By Dr. Satyabrata Dash

Why do I Study Bhagavad Gita?

- Why are we living in this material world?
- What is the ultimate objective of Human life of life?
- Why are we suffering in this material World?
- Why are we suffering the threefold miseries given by nature?
- Who am I?
- What is my supreme destination?
- Why am I changing to a different body?

Benefits of reading Bhagavad Gita:

- **Spiritual enlightenment:** The Bhagavad Gita provides spiritual knowledge that can help people understand the universe and life's deeper truths.
- **Hope and resilience:** The teachings of the Bhagavad Gita can provide hope and resilience, which can help people avoid suicide in times of crisis. Real identity of ourselves
- **Self-discovery:** The Bhagavad Gita can help people understand their true identity as eternal souls and their purpose in the world.
- **Mental clarity:** The Bhagavad Gita can help people develop mental clarity, memory, and concentration.
- **Mind control:** The Bhagavad Gita teaches the importance of mind control and how to avoid the negative consequences of failing to do so.
- **Humility and tolerance:** The Bhagavad Gita teaches people to be humble in success and tolerant in failure.
- **Understanding of the universe:** The Bhagavad Gita teaches people that the universe revolves around its creator and that everything they have is a gift from God.
- Get rid of their ignorance
- Developing divine vision, with the help of that vision they can understand the real nature of this material world
- Saves us from transmigration into lower species of life and transformation of life
- Solving our main problems existing in this material world viz. Birth, death, Old age, disease
- People can get rid of their ignorance.

Chapter- 1: Arjuna's Dilemma

- Arjuna is torn between fighting the Kauravas, his cousins and the cousins of the Pandavas, and not fighting them. The Pandavas believe the throne of Hastinapur rightfully belongs to them, but the Kauravas are evil and will do anything to claim it. Arjuna doesn't want to kill the Kauravas, but he also doesn't want them to win the throne.
- The essence of the first chapter of the Bhagavad Gita is that the true self is the eternal soul, not the material body, and that the soul shares in the nature of God. The chapter also provides wisdom for dealing with difficult decisions and life challenges.
  - **Righteousness**: Righteousness is the most important factor in success and victory.
  - **Balance**: Avoid extreme asceticism or indulgence, and instead live a life of moderation and righteousness.
  - **Focus on the present**: The past is behind, the future is ahead, and the present is here.
  - **Accept the nature of the self and the universe**: Accept the nature of the self and the universe, and serve the greater good.
  - **Be unselfish**: Fear and insecurity come from wrong-doing, ignorance, and selfishness.
  - **Don't let emotions cloud your judgment**: Look at things dispassionately.
  - **Focus on your obligations**: Perform your obligations well.
  - **Rise above hatred**: Hatred and bitterness come in the way of right action.

Chapter-2: No Death for Ataman

- The essence of Chapter 2 of the Bhagavad Gita, also known as "Sankhya Yoga" or "Transcendental Knowledge", is about the nature of the self, the impermanence of the physical body, and the essence of true spirituality. Here are some of the key takeaways from this chapter:
  - **Understand the Self**: The Self, or Atma, is the immortal, invisible, and innermost essence of every individual.
  - **Perform duties without craving**: One should perform their duties and responsibilities without craving the fruit of their actions.
  - **Act for the action's sake**: One should act for the action's sake and not be attached to inactions.
  - **Be free from attachment, fear, and anger**: A sage of steady mind is free from attachment, fear, and anger.
  - **Unite with the higher divinity**: The Bhagavad Gita is about uniting oneself with the higher divinity by merging one's mind into the higher mind.

Chapter-3: Do your Duty

- he essence of Chapter 3 of the Bhagavad Gita, also known as "Karma Yoga" or the Path of Action, is that action is necessary and inevitable, and that it is important to perform one's own duty with detachment and without attachment to the results.
  - **Perform your duty**: It is better to perform your own duty, even if it is imperfect, than to perform someone else's duty perfectly.
  - **Be detached**: Perform your actions without attachment to the results.
  - **Focus on the present**: Don't let your mind be consumed by thoughts of the past or future.
  - **Balance work and rest**: Cultivate discipline and self-control.
  - **Practice selfless service**: Engage in acts of kindness and charity.
  - **Understand the modes of nature**: The modes of material nature are sattva (goodness), rajas (passion), and tamas (ignorance).
  - **Understand the cosmic cycle of sacrifices**: The gods provide rain and sustenance to humanity in exchange for sacrifices.
  - **Identify your svadharma**: Find your talent or core interest.
  - **Set a higher ideal**: Focus your intellect on an ideal and act dedicatedly towards it.

Chapter- 4: Transcendental Knowledge

- Transcendental knowledge is the understanding of how objects can be experienced as objects, rather than the knowledge of the objects themselves. It can also refer to the conditions and limits of human experience, and what goes beyond those limits.
- The essence of Chapter 4 of the Bhagavad Gita is that spiritual wisdom can help people achieve self-realization and liberation. The chapter highlights the importance of integrating selfless action with a deep understanding to attain a higher consciousness.
  - **Self-realization:** The true goal of life is to liberate oneself. To attain this wisdom, one must empty themselves of attachments and desires and go to a Guru.
  - **Action:** Perfect action is free from desire and expectation. It makes one harmonious with external things, internal conditions, and the effects of action.
  - **Knowledge:** Knowledge is gained by sense control, devotion, and sraddha focus.
  - **Dharma:** Dharma is the prescribed actions that are conducive to spiritual growth and progress. When unrighteousness prevails, the creator and administrator of the world intervenes by descending and reestablishing dharma.
  - **Atman:** Atman enables all activities but does not determine the quality of action. Identifying with Atman can help one be unaffected by life's turbulence.

Chapter- 5: Action and No Reaction

- According to the Bhagavad Gita, the wise person is one who can see action in inaction and inaction in action. The Gita also teaches that contemplation is the foundation of action, and that without contemplation, what we do is more of a reaction than an action.
- Chapter 5 of the Bhagavad Gita is a guide to achieving spiritual enlightenment through renunciation and selfless action. The chapter's main themes include:
  - **Action and inaction:** The chapter explores the difference between action (karma) and inaction (sannyasa or renunciation).
  - **True renunciation:** Krishna explains that true renunciation is not abandoning actions, but rather renouncing desires and attachments.
  - **Inner peace:** Krishna explains that true renunciation leads to inner peace, not idleness or neglect of duties.
  - **Equanimity of mind:** The chapter teaches the importance of maintaining equanimity of mind in all circumstances.
  - **Universal oneness:** The chapter's closing verses provide a profound understanding of universal oneness.
  - **Knowledge and ignorance:** Gaining knowledge that destroys ignorance is important because ignorance is the cause of all suffering.
  - **Equality of vision:** Developing equality of vision is important.
  - **Contact-born pleasures:** Contact-born pleasures are the source of sorrow, and the wise do not delight in them.

Chapter- 6: Meditation

- The essence of Chapter 6 of the Bhagavad Gita is to invite the reader to practice self-reflection, self-regulation, and self-transcendence. The chapter, titled "The Yoga of Meditation", provides insight into the art of balance and self-control, and how to achieve mental peace and a better quality of life.
  - **Meditation:** Meditation is the highest spiritual technique and the final gateway to self-realization. It requires a calm mind, which can be achieved through practice and detachment.
  - **Karma Yoga:** The practice of spirituality while performing worldly duties is more practical than karm sanyas, the practice of spirituality in a renounced state.
  - **Moderation:** One should maintain moderation in all aspects of life, including food, sleep, work, and recreation.
  - **Self-responsibility:** One is responsible for their present situation and can redeem themselves through knowledge and effort.
  - **Spiritual evolution:** The three stages of spiritual evolution are active yogi, meditative sannyasi, and jnani, the enlightened One.

Chapter- 7: Knowledge of Absolute

- "Knowledge of the Absolute" and discusses how to attain knowledge of the Absolute through yoga and consciousness of the Supreme Personality of Godhead.
- The essence of Bhagavad Gita chapter 7 is that the knowledge gained in the first six chapters must be reflected upon and integrated into one's life through the three phases of sravana, manana, and nidhidhyasana.

  - **The material and spiritual dimensions of God's energies:** Krishna explains that all of God's energies originate from Him and rest in Him, similar to beads on a thread.
  - **The worthiest object of devotion:** Krishna says that the Almighty God is the worthiest object of devotion.
  - **The divine attributes of God:** Krishna confirms that He is the ultimate truth and the highest authority, with attributes such as omnipotence, omnipresence, and omniscience.
  - **The taste of water:** Krishna says that He is the taste in water, meaning that water carries the taste of all substances.
  - **The origin of sound:** Krishna says that He is the origin of sound, as the sound in space is His energy.
  - **The source of human abilities:** Krishna says that He is the ultimate energy source for all the abilities that manifest in humans.

Chapter- 8: Attaining the Supreme

- The Supreme Indestructible Entity is called Brahman; one's own self is called adhyatma. Actions pertaining to the material personality of living beings, and its development are called karma, or fruitive activities.
- The essence of chapter 8 of the Bhagavad Gita is that Lord Krishna explains the nature of Brahman, Karma, Purusha, Adhyatma, and Devta, and how the soul's destination after death is determined:
  - **Brahman**: The imperishable supreme
  - **Karma**: Action that leads to the formation of living beings' material bodies
  - **Purusha**: The Cosmic all-pervading Being
  - **Adhyatma**: Spirituality
  - **Devta**: Demigods
  - **Adhibhuta**: The perishable material existence
  - **Adhidaiva**: The supreme divine agent
  - **Adhiyajna**: I myself, present in the body of living beings

Chapter- 9: The most Confidential Knowledge

- The essence of Chapter 9 of the Bhagavad Gita is that the knowledge shared by Lord Krishna is the highest and noblest, and that the divine accepts sincere devotion from anyone. The pure devotion is considered to be the most confidential knowledge because of its unalloyed nature.
  - **The knowledge is the king of education:** The knowledge imparted in this chapter is the most secret of all secrets and is the king of education.
  - **Devotional service is the only way to attain the Lord:** Krishna emphasizes the importance of devotion, or bhakti, and that the divine accepts sincere devotion from anyone. Those who are not faithful in their devotional service cannot attain the Lord and will return to the cycle of birth and death.
  - **The Lord is partial to devotees, hence faith is important:** The Lord is partial to devotees, and the combination of the Lord and the devotee is very nice. Those with unwavering faith and pure devotion receive immense benefits, while those who doubt divine power miss out.
  - **The world is temporary and full of miseries:** The Lord declares that the world is temporary and full of miseries, and that everyone should attach themselves to the Lord to be eternally happy. Krishna illustrates that he permeates everything in the universe, but remains unbound by it.
  - **The cycle of creation and dissolution:** All beings arise from the divine at the beginning of a cosmic cycle and return to it at the end.
  - **The significance of simple offerings:** Anything offered with love and devotion becomes sacred, even if it's as simple as a leaf, water, or flower. The devotional service of the Lord is the only process that can solve all problems of all classes of men.

Chapter- 10: The Opulence of the Absolute

- Bhagavad Gita that discusses the Supreme Personality of Godhead, or paramām, and the six opulence (Lavishness) that make up the Godhead: **strength, fame, wealth, knowledge, beauty, and renunciation**
- The essence of Chapter 10 of the Bhagavad Gita is that the divine is present in the world and can be found in everything, and that devotion and understanding can lead to self-realization:
  - **Divine manifestations:** Lord Krishna describes his divine manifestations, such as being the Himalayas among mountains and the Ganges among rivers. This shows that the divine is present in the world's most magnificent aspects.
  - **Infinite divine glories:** Krishna tells Arjuna that his divine glories are limitless, and that the examples in the chapter are only a small part of his vast manifestations.
  - **Knowledge through devotion:** Those who recognize and understand the divine manifestations are drawn closer to Krishna. Devotion and understanding lead to self-realization and spiritual growth.
  - **Go beyond the expressions:** Krishna says that the enumeration of his glories is only a small part of his power. He encourages people to go beyond the expressions and understand the essence.
  - **The universe is a part of Brahman:** Krishna says that the universe is a minuscule part of the limitless expanse of Brahman. He says that Brahman is what people are, and that people should rise above the universe and understand their grandeur.

Chapter- 11: The Universal Form

- The essence of Chapter 11 of the Bhagavad Gita, titled "Viśhwarūp Darśhan Yog", is that Krishna reveals his infinite cosmic form, or viśhwarūp, to Arjuna. Through divine vision, Arjuna sees the form of the God of gods, which has no beginning or end and extends in all directions. the world is one with divinity, and that the universal form of God is the form of time in its destructive manifestation:
  - The form's unlimited arms, faces, and stomachs
  - The form's radiance, similar to a thousand suns
  - The three worlds trembling with fear of God's laws
  - Celestial gods taking shelter
  - Sages offering prayers and singing hymns
  - The Kauravas and their allies rushing into the form's mouth
- **Arjuna's experience:** Arjuna is overwhelmed by the sight of Krishna's universal form, which he sees as the world in Krishna and Krishna in the world. Arjuna is so overwhelmed that he asks Krishna to return to his gentle form.
- **Krishna's explanation:** Krishna explains to Arjuna that only through single-pointed devotion can he be seen, known, and entered. Krishna also teaches that self-knowledge requires a great deal of effort and cannot be gained through mere study, sacrifice, or charity.
- **The universal form:** The universal form of God is the form of time in its destructive manifestation.
- **The importance of balance:** The Bhagavad Gita teaches the importance of balance, advising against extreme asceticism or indulgence.

Chapter- 12: Devotional Service

- Devotional Service means Serving Lord Krishna with Pure, Unalloyed Devotion.
- The essence of Chapter 12 of the Bhagavad Gita is the importance of devotion and how it can lead to a life of balance, compassion, and steadfastness. The chapter is also known as "Bhakti Yoga" or the "Path of Devotion".
  - **Devotion leads to realization:** When you align with the Lord, you can purify yourself of desire and ego, and your attention shifts to God.
  - **Krishna's dialogue with Arjuna:** Krishna's dialogue with Arjuna reveals the essence of true devotion, and shows how both paths lead to realization.
  - **The qualities of a devotee:** The chapter ends with a list of 35 qualities of a devotee.
  - **The unity of all living beings:** Devotion can lead to a feeling of unity among all living beings, as they are all children of the one God.
  - **The virtues of compassion and balance:** The chapter highlights the virtues of compassion, balance, and steadfastness.

Chapter- 13: Nature, Enjoyer and Consciousness

- Chapter 13 of the Bhagavad Gita is about the nature of knowledge, the relationship between the soul and nature, and the role of the Supreme Soul:
  - **The nature of the body:** The body is the field of activities, and knowledge is the understanding of the body and its owner.
  - **The knower:** The knower is the Supersoul, who is present in every body as a witness, overseer, and permitter. The individual soul enjoys the activities of a particular field, but the Supersoul is the supreme enjoyer.
  - **The knowable:** The chapter explains that true wisdom comes from understanding the difference between the physical body and the soul. The knowable is the process of knowing, and the combination of the knower, the knowable, and the process of knowing is called vijnanam, or the science of knowledge.
  - **The relationship between the soul and nature:** The chapter explains that the interaction between Prakriti (nature) and Purusha (the soul) creates the universe and shapes our lives.
  - **The role of the Supreme Soul:** The chapter explains that the Supreme Soul is all-pervading in creation, yet also sits in the heart of every living being. Consciousness is the proof of the presence of the soul, and is not a production of the combinations of matter.
  - **Material vision:** The material conception of life leads to material differentiation, where someone is seen as a demigod, a human, a dog, or a cat.
  - **The role of the eye of wisdom:** The chapter explains that developing the Gyana Chakshu, or eye of wisdom, helps one perceive the difference between Spirit and matter.
  - **The path to liberation:** The chapter explains that one can gain liberation by divesting one's desires through action, and by subtler desires through knowledge.

Chapter- 14: Three modes of Material Nature

- In Bhagavad Gita, chapter 14, "The Three Modes of Material Nature," the three modes of material nature are:
  - **Sattva guna** represents the qualities of goodness, purity, positivity, truth, serenity, balance, equality, peacefulness, and detachment.
    - Eat sattvic foods, Be physically active, Find a work-life balance, Practice spiritual activities, Develop a sense of gratitude
  - **Rajas guna** represents the tendency for activity, energy, motion, passion, stress, segmentation
    - Avoid deep attachments and desires, over exercising, over working or over stimulation and excessive consumerism.
  - **Tamas guna r**epresents the quality of ignorance, reverse knowledge inactivity, dullness, or lethargy.
    - Avoid tamasic foods, avoid overindulgence, practice yogasanas, reduce your sleep.

Chapter- 15: The Yoga of Supreme Person

- The essence of Chapter 15 of the Bhagavad Gita is that the path to realizing the Supreme Being is through detachment from worldly life. The chapter, titled "Puruṣhottam Yog" or "Yoga of the Supreme Being", is considered to encapsulate the essence of the entire text.
  - **Detachment:** The path to realizing the Supreme Being is through detachment from worldly life.
  - **The material world:** The material world is compared to a fig tree with its roots above and branches below. The branches represent the diversity of the material world, while the roots represent the subtle world of consciousness.
  - **The Vedas:** Learning the essence of the Vedas is like the leaves of a tree that nourish it, helping man attain higher learning.
  - **Recognizing God:** Lord Krishna reveals that we can realize God's existence by recognizing His glories that shine forth all around us.
  - **The axe of detachment:** The axe of detachment can cut the roots of desires that are nourished by the three modes of material nature.
  - **Uttama Purusa:** Beyond the perishable and imperishable aspects of the world, there is the Uttama Purusa, or highest Self, that pervades the three worlds.

Chapter- 16: The Devine and Demonic Natures

- This chapter expounds on the two kinds of human nature—the saintly and the demoniac. The qualities that help us manifest this inner divinity are called divine qualities. These divine qualities free us from all our limitations and bondages. On the other hand, the qualities, that block our divinity, and create confusion and ignorance are called the demonic qualities. Shree Krishna explains that the saintly-nature develops in humans by cultivating the modes of goodness, by following the instructions given in the scriptures, and purifying the mind with spiritual practices.
- In the Bhagavad Gita, people who are transcendental to the three guṇas are said to:
  - Remain neutral to the modes of nature
  - Not be disturbed by the modes of nature
  - Stay established in the self
  - Accept both blame and praise with equanimity
  - Remain the same in honor and dishonor
  - Treat both friend and foe alike
- People who attain a divine nature are said to have the following qualities:
  - Forgiveness
  - Aversion to find-faulting
  - Dynamism
  - Simplicity
  - Strictness
  - Cultivation of spiritual knowledge
  - Non-violence
  - Cleanliness
  - Truthfulness

Chapter- 17: The Divisions of faith

- Chapter 17 of the Bhagavad Gita is about the nature of faith and its influence on human behavior and consciousness.
  - **Faith is an inseparable part of human nature:** Everyone has faith, but the nature of their faith depends on their mind.
  - **Faith can be sāttvic, rājasic, or tamasic:** The Supreme Lord said, according to the modes of nature acquired by the embodied soul, one's faith can be of three kinds- goodness, passion or ignorance. The nature of a person's faith is determined by the modes of nature they have acquired.
  - **Faith can be cultivated:** By recognizing the different manifestations of faith, people can gain a deeper understanding of their own tendencies and temperaments.
  - **Faith can lead to self-awareness and spiritual growth:** Cultivating a faith rooted in purity, integrity, and reverence can guide people towards the ultimate truth.
  - **Penance can be sattvika, rajasika, or tamasika:** There are three types of penance: body, speech, and mind. Sattvika penance is performed with steadfastness and faith, while rajasika penance is temporary and unstable. Tamasika penance is misguided and self-torturing.
  - **Charity can be sattvika, rajasika, or tamasika:** A gift given without expectation of reward, to a worthy person at the right time and place is sattvika charity. Rajasika charity is given grudgingly to gain something in return. Tamasika charity is given contemptuously to an unworthy person at an inappropriate time and place.

Chapter- 18: The Perfection of Renunciation

- Chapter 18 of the Bhagavad Gita, also known as Mokṣha Sanyās Yog, is the final message from Krishna and is the longest chapter in the book. One can obtain the results of renunciation simply by self-control and by becoming unattached to material things and disregarding material enjoyments. That is the highest perfection stage of renunciation.
  - **Renunciation:** Arjuna asks Krishna to define the concepts of sannyasa (renunciation of actions) and tyaga (renunciation of desires). Krishna explains that neither concept means giving up action, but rather giving up the things that can make action ineffective, like desire for the past or anxiety about the future.
  - **Duty:** Krishna emphasizes that people should perform their prescribed duties, such as sacrifice, charity, and penance, without attachment to the results. He says that these actions help purify the soul.
  - **Perfection:** Krishna says that people can attain perfection by performing their duties while worshiping the Lord. He also says that it's better to perform one's own occupation imperfectly than to perform another's occupation perfectly.
  - **Self-control:** Krishna says that people can obtain the results of renunciation through self-control and by becoming unattached to material things.
  - **Enthusiasm:** The chapter discusses the difference between enthusiasm and over-enthusiasm.

Kith and Kin Dilemma lessons in decision making

- **Detachment:** a lesson performing one's responsibility without any form of attachment to the consequences of the actions that are performed. Individuals are encouraged to perform selfless or desireless acts. The lesson of Gita is also known as Nishkama Karma and contributes to morality as individual by encouraging the performance of righteous actions without seeking any rewards. Simply, do good and expect no reward for it.
- **Doer and the concept of Self':** the moral lesson here is on understanding the individual self as part of the 'universal Self or cosmos' . The aim is to encourage selfless acts as if one were performing actions for themselves.
- **Dharma or Duty:** Dharma does not only mean duty, but also includes 'upholding ethical principles' to ensure that one can successfully complete their duty. Simply, Dharma is the ensuring that one strives to ensure that all possible efforts are made to successfully perform one's duty.
- **Dhyana or Meditation:** Practicing meditation is emphasised to improve one's mental health and general physical health so that one is able to successfully perform one's task. The practice of meditation is also encouraged to ensure mindfulness that will enable the successful practice of detachment.

Karma Yoga- Work Ethics

- According to the Bhagavad Gita, Karma Yoga is a spiritual practice of performing selfless actions for the benefit of others. It is a path to spiritual liberation, or moksha, through work. Some of the work ethics of Karma Yoga include:
  - **Renouncing attachment to results:** Karma Yoga is the practice of performing actions without being attached to the results. This means not hoarding the results of actions for oneself, but instead offering them up to a higher power.
  - **Being even-tempered:** Karma Yoga involves being even-tempered in both success and failure.
  - **Working without anxiety:** Work done with anxiety about results is inferior to work done without such anxiety.
  - **Considering the interests of all parties:** A Karma Yogi considers the interests of all parties impartially, including all beings and the elements of Prakṛti.
  - **Being a giver:** A Karma Yogi should take the position of a giver, offering everything they do as a free offering to the world.

Leadership Lessons in Bhagavad Gita

- **Leadership by inspiration**: The Bhagavad Gita promotes leadership by inspiration rather than control. It suggests that leaders should be committed to service, excellence, and virtuous character, and that they should inspire others to follow suit.
- **Linked-leadership**: The Bhagavad Gita suggests that leaders should be linked to themselves, others, nature, and the supreme source through loving-connection or bhakti-yoga.
- **Action orientation**: The Bhagavad Gita conveys Karmyoga (action), and suggests that leaders should endorse action and shun barriers to it.
- **Discipline**: The Bhagavad Gita defines three disciplines that are required for effective leadership: discipline of learning, discipline of speaking properly, and discipline of equanimity.
- **Role model**: The Bhagavad Gita suggests that leaders should be role models.
- **Mindfulness and focus**: The Bhagavad Gita suggests that leaders should be mindful and focused.
- **Adaptability to change**: The Bhagavad Gita suggests that leaders should be adaptable to change.
- **Building teamwork and collaboration**: The Bhagavad Gita suggests that leaders should build teamwork and collaboration.

Trinity Theory of Leadership

	SATTVA	RAJAS	TAMAS
Color	White purity & harmony	Red action & passion	Black darkness & delusion
Time	Day, clarity	Sunrise & Sunset twilight, transition	Night, darkness
Energy	Neutral or balanced	positive, sets things in motion	negative, retards motion
Worlds	heaven or space, the region peace	atmosphere the region of storms	earth, the realm the realm of of gravity and inertia
Levels of Cosmos	causal or ideal	subtle or astral, pure form	gross or physical
Kingdoms of Nature	spiritual beings: gods, goddesses and sages	human realm	mineral, plant & animal kingdoms
States of Consciousness	waking	dream	deep sleep

Leadership Lessons in Bhagavad Gita

- **Self-motivation:** Krishna encourages Arjuna to control his mind and senses to find inner strength and motivation.
- **Learning and growth:** The Bhagavad Gita emphasizes the importance of continuous learning and personal growth.
- **Acting for the good of many:** Krishna advises Arjuna to act for the good of many, with faith in the ultimate victory of ethics over unethical actions.
- **Recognizing and regulating desires:** Krishna counsels Arjuna on recognizing and regulating desires.
- **Overcoming emotional disturbances:** Krishna emphasizes the necessity of overcoming emotional disturbances through self-awareness and detachment.
- **Developing emotional intelligence:** Krishna's teachings on equanimity and detachment simplify understanding emotional reactivity and cultivating emotional equilibrium.
- **A Master of Listening**
- **Use Appropriate Motivator**
- **Giving Direction**